

Local and Healthy Food Policy and Recommendations – Backup Materials



Definition of Vending Services

Vending Services – any operation dedicated to providing a choice of snacks and beverages for personal consumption whether they are sold or not.

Food is usually prepackaged and not prepared on site. It includes:

- **Vending Machines** -a machine that dispenses items such as snacks and beverages to customers automatically, after the customer inserts currency or credit into the machine
- **Kiosks** - A small, temporary, standalone booth having one or more sides open used areas as a stand
- **Gift Shops** - a shop which has the primary purpose of selling items that will be given to others
- **Honor System Snacks** - an unsupervised arrangement in which users help themselves to goods or services and are relied upon to pay or use reasonable consideration for what they take

Healthy Vending Guidelines

(Adopted by HHSD)

- Developed by the Central Texas Diabetes Coalition, based on existing policies from other cities/counties.
- Establishes nutritional standards for foods and beverages sold (fat, saturated fat, sugar, sodium, calories, serving size).
- Requires healthy items to be sold at a price equal to or less than unhealthy items.

Healthy Vending Guidelines

- **Required Food Standards:** Fifty percent (50%) of food items offered in the vending machines shall meet all of the following standards:
 - Not more than 35% of calories from fat (with the exception of nuts and seeds, nut butters, eggs, non-fried vegetables, and cheese packaged for individual sale. Snack mixes must meet 35% rule)
 - Not more than 10% of calories from saturated fat (excluding eggs and cheese packaged for individual sale)
 - Not more than 35% total weight from sugar and caloric sweeteners (with the exception of fruits and vegetables that have not been processed with added sweeteners)
 - Items shall not contain more than 360 mg of sodium per serving
 - Not more than 250 calories per individual package for snack items
 - Not more than 400 calories per individual package for entrée items
- In addition, it is recommended that food items also meet the following standards:
 - Items shall not contain trans fats that are added during processing
 - At least 1 food item must be low sodium (less than 140 mg per serving as per FDA)

Healthy Vending Guidelines

- **Beverage standards:** At least 50% of beverages offered in each vending machine shall be one or a combination of the following:
 - Fruit-based drinks that are composed of no less than 50% fruit juice and that have no added sweeteners (Maximum 12 oz.; smaller serving sizes are preferred)
 - 100% fruit/vegetable juice (Maximum 12 oz.; smaller serving sizes are preferred)
 - Water
 - Nonfat or 1% milk, including soy milk, rice milk, and other dairy or nondairy milk. No flavored milks.
 - Unsweetened coffee or tea
 - Zero-calorie beverages, such as diet soda

Definition of Food Service Operations

- **Snack Bars** (Convention Center, Airport, Sporting Venues) - usually refers to an inexpensive food counter that is part of a permanent structure
- **Full Service** – offers fine dining with a wide selection of foods and beverages, and table service.
- **Concession Stands / Mobile Food Trailers** (Convention Center, Festivals, Fundraisers) - a permanent or semi-permanent structure from which food items are sold during an event.
- **Catering Services** – the business of providing food service at a remote site or a site such as a hotel or other location
 - Catering for Outside Events (i.e., rental of city owned facility)
 - Catering for Employee Sponsored Events (i.e., meetings on city property, council meetings)
 - Catering Contract at Convention Center

Healthy Menu/Entree Guidelines at Food Service Operations*

- All grains are whole with a serving size of no more ½ cup (cooked quantity should equal 3 to 4 ounces)
- Half of all entrées should be comprised of vegetables other than corn and potatoes.
- No trans-fat or hydrogenated oils or deep fried foods. Nuts, seeds and avocado fats are recommended as a substitute.
- Incorporate lean-, low- or reduced-fat protein sources, such as plant-based proteins, nuts, meat and dairy with a serving size equal to a deck of cards
- No refined sugar or sweeteners—non-concentrated juices are recommended as a substitute. Exceptions are made for one teaspoon of honey or molasses per serving.
- No more than 600 milligrams or a ¼ teaspoon of sodium in an entrée
- The plate should be colorful, using a variety of fruits and vegetables
- No “fake” foods (i.e. flavors, sweeteners, preservatives)

***Based on St. David’s HealthCare Healthy Dining Program and Mayor’s Health and Fitness Council**

Austin Restaurants Recognized by St. David's Healthcare For Healthy Menu / Entrée Offering

- Beets Café
- Buffalo Bob's Chalupa Wagon
- County Line on the Lake
- Cuatro's
- El Mercado
- Flemings
- Hickory Street
- How Do You Roll
- L & L Catering
- Mama Fu's
- Marcelino Pan y Vino
- Quality Seafood
- Roll On Sushi
- Snap Kitchen
- The University of Texas Club



Beets Café

Healthy Meeting Guidelines*

- Menu items should offer:
 - lower amounts of fat, salt, and sugar whenever possible. Examples include steamed, baked or roasted chicken instead of deep-fried.
 - Fruit or vegetables. Examples include fresh or dried fruit (such as apples, raisin or 100% fruit juice) and fresh vegetables.
 - Whole grain products. Examples include low-fat, whole wheat crackers, bread, tortillas and pasta; whole grain cereals, low fat baked tortilla chips, whole wheat pita bread.
 - Vegetarian and gluten-free options.
 - Limited foods (or none) that are high in salt, sugar or saturated and trans fats.
 - Alternatives, such as:
 - Nonfat (skim) or 1% milk, 100% vegetable or fruit juice and water instead of soft-drinks or other sugar-sweetened beverages.
 - Low-fat milk for coffee, not only half-and-half or whole milk

***Adopted from City of Minneapolis**

Healthy Menu Suggestions for Meetings and Events

Breakfast

- Fresh fruit (cut up and offered with low-fat yogurt dip);
- High-fiber cereals such as bran flakes, low-fat granola or oatmeal;
- Fruit toppings;
- Hard cooked eggs;
- Vegetable omelets;
- Low-fat yogurt;
- Eggs made with egg substitute or without yolks;
- Thinly sliced ham;
- Bagels

Light Refreshments

- Fresh sliced fruit and vegetable tray
- Whole grain crackers or granola bars
- An assortment of low-fat cheeses and whole grain crackers;
- Baked Pita chips served with hummus;
- Whole grain muffins
- Low-fat yogurt
- Pretzels, popcorn, baked chips, or trail mixes.

Lunch and Dinner

- Salad that includes a variety of mixed salad greens with low-fat dressing;
- Whole grain breads and rolls;
- Mustard and low-fat mayonnaise as condiments for sandwiches,
- Sandwiches presented in halves, so people can take a smaller portion;
- Broth-based soups (vegetarian broth), or soups using evaporated skim milk;
- Pasta dishes with low-fat cheeses and vegetables or with tomato or other vegetable sauces;
- 4-ounce maximum portions of meat and plenty of low-fat side dishes;
- Raw vegetables or pretzels
- Vegetables - steamed, fresh or cooked without butter or cream sauces.

Local vs. Sustainable

- Local is most often defined as food grown within a particular geographic area or within a specific distance from the point of consumer purchase. **For the purpose of this report, local is defined as within the state of Texas**, which is consistent with, the goals of supporting the economy and reducing food miles while considering food variety and availability. Local by itself does not guarantee that the food was produced to any social or environmental standard, or under any particular ownership structure.

*For purposes of this report, we did not include any references to organic, cage free, free range, or grass fed, etc. in the local purchasing policy.